

Health and Home Hints.

Bread keeps moist longer if you allow one tablespoon of shortening to each cup of liquid.

When making bread in cold weather first warm the bread pan, the flour and the kneading board.

When pan broiling chops always stand them for a minute on their ends that the fat edge may be cooked crisp and brown instead of remaining pale and unsightly.

For a custard, French omelet, various sauces and puddings, eggs are only slightly beaten. About twelve or fourteen strokes of a whisk mean slightly beaten.

Mix ammonia and whiting and form into balls the size of an egg and you have an excellent silver cleaner. It can be made in a few minutes and the cost per ball does not exceed two cents.

Hominy Cakes.—Boil two cups of fine hominy very soft, stir in a tablespoon of butter, and salt to taste; add an equal quantity of corn meal and three well beaten eggs; beat well together; add a sufficient quantity of milk to make a thin batter. Bake on a griddle or in waffle-irons. One-quarter of a compressed yeast cake makes a good substitute for eggs. Let the batter stand an hour to rise.

Creamed Potatoes.—This recipe has two distinctive features: the potatoes must be baked and they must be cooked in an iron spider. When the spider is warm put in one cup of cream or rich milk and one tablespoon of butter. As soon as very hot, stir in five medium-sized baked potatoes, chopped, which have been previously mixed with one teaspoon of flour. Salt and pepper to taste. Cover and cook slowly for fifteen minutes. Before turning into serving dish, mix one teaspoon of chopped parsley with potato.

Apple Charlotte.—Butter a deep pudding dish and cover the bottom with thin slices of bread and butter. On this spread a layer of apples peeled, cored and sliced. Sprinkle with a little sugar and nutmeg. Continue with the bread and apples in layers, making the top layer of bread. Pour over the top a custard made of two eggs and a pint of milk, a pinch of salt, and sugar to taste. Cover closely and bake till done. Remove the cover and let the top brown. Serve with sugar and cream.

A French physician tells of a woman who had been growing thin and weak for three years, with all signs of dyspepsia, and had had sixteen successive attacks of erysipelas. At last it was decided that her hair dye was the cause. On stopping its use health has gradually returned. The dye contained resorcin.

A sudden and wearing attack of coughing often needs immediate attention, especially in consumptives and those chronically ill. In an emergency, that ever useful remedy, hot water, will often prove very effective. It is much better than the ordinary cough mixtures, which disorder the digestion and spoil the appetite. Water almost boiling should be sipped when the paroxysms come on. A cough resulting from irritation is often relieved by hot water through the promotion of secretion, which moistens the irritated surface. Hot water also promotes expectoration and so relieves the dry cough.

World of Missions.

Modernizing Seoul.

Although Kipling has written wittily about the impossibility of "hustling the East," there are, nevertheless, many signs of progress. We in the West can hardly realize the changes, for instance, that are taking place in Seoul. The *Korean Review* refers to the inauguration of a system of waterworks for the city, and the lighting of its streets by electricity. For two years or more electric railways have been running on those streets. Mr. Angus Hamilton, an English correspondent of the *Pail Mail Gazette*, writes from Korea of the work of Mr. McLeavy Brown, who for years has filled a place as adviser to the Korean government, somewhat similar to that of Sir Robert Hart, in Peking. Referring to improvements in Seoul under Mr. Brown's direction, Mr. Hamilton says: "With its trains, its cars, and its lights, its miles of telegraph lines, its railway station hotel, and native shops, and glass windows and brick houses, the city is within measurable distance of becoming the highest, most interesting, and cleanest city in the East. And this is accomplished without denuding it of its own characteristics. There is no hostile feeling because these things are Western. Nothing can improve upon the law, order, and public decency which are noticeable while the crowds of cleanly clad people throng the streets. There is nothing which could offend the sense of good taste of the most refined, and there is, happily, a complete absence of those gross indecencies which would seem to be the characteristic feature of street life in Chinese cities." Mr. Hamilton gives Japan credit for much of this spirit of progress.—The Missionary.

Moscow was formerly connected to Nijni-Novgorod by a waterway, but through neglect this means of intercommunication has long since been closed, owing to the filling up of the channel with sand, etc. Attempts, however, are to be made to reconstruct it. The river Moskwa a few years ago was a useless waterway, but a steamer trading company built a series of locks and dams, and have since developed a vast amount of traffic, amounting to about 17,000,000 pounds per annum, between Moscow and Kolomna. Above the latter point to Rjasan, where commences the navigable portion of the river Oka, which flows to Nijni-Novgorod, the passage of the river is obstructed by sand. It is proposed to remove this sand as much as possible, and to erect dams and locks so that a sufficient depth of water may be obtained throughout the whole of this section of the river. By this means a continuous waterway will extend from Moscow to Nijni-Novgorod. The cost of the scheme will amount to about \$3,250,000.

What is the Worst Bread to Eat?

Occupation and conscience have not a little to do with appetite and sleep. A good conscience proverbially makes a soft pillow, and honest toil and a pure life sharpen one's appetite, as well as help him to sleep. In the days of Koheleth it was said, "The sleep of a laboring man is sweet whether he eat little or much." The same can be said to-day, if there be added that what a man eats must be of the right kind, whether he eat little or much. Quaint old Thomas Fuller, in treating the question, "What is the worst bread which is eaten?" says that the worst

bread to eat is "bread taken out of other men's mouths, who are the true proprietaries thereof. Such bread may be sweet in the mouth, but is not wholesome in the stomach to digest." Here is a hint to those who want good sleep and good digestion.

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As all afflicted readers may have \$2.50 worth of treatment free, we would advise them to send for it at once. Address, DR. FRANKLIN MILES, 201 to 209 State St., Chicago, U. S. A. He pays all duties. Mention this paper.

An Act of Narrowness.

I wonder how it would be if Jesus of Nazareth were to appear in the flesh in this age of breadths. I wonder if He would be regarded as an anachronism. Would He be regarded as inopportune if He were to begin talking about strait gates and narrow ways? Would He be regarded as sounding a discordant and jarring note? I verily believe that if our Master were in the world to-day, and at this meeting, one of the words He would revive would be this word "narrow."—Rev. J. H. Jowett.

Calvinism, with its doctrine of efficacious grace in regeneration, teaches that the whole man must be renovated at every core of his personality, and that his conscience must be rectified at its root. In this way Calvinism goes to the root of the malady of sin, and applies the divine remedy to the seat of the disease.

Dr. Bonar tells of a man of God in London many years ago who used to say to his people occasionally: "Be very careful how you walk, for the world will not read the Bible, but they will read you. They will form an idea of the Master from what they see you to be." There is plenty of food for reflection in that truth.